How To Make Aspirin From Willow Bark

Categories: Health/Fitness, Homesteading

If you are off in the wilderness or you are in a survival situation, willow bark is a great back up to conventional over-the-counter pain medications.

The bark of willow trees contains salicin, which is a chemical similar to aspirin and has similar pain relieving properties. Willow bark is especially useful for headaches, backache and osteoarthritis. Many herbalists also recommend willow bark for high fevers, but there appears to be little scientific proof for this. If you have no other fever reducing medication, you could give it a try, it may work for some folks.

As with aspirin, there are precautions to be considered before taking willow bark, see this website for more detailed information on dosage, precautions and interactions.